Leicester College

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Introduction to Personal Development, Confidence Building and Self-Esteem

Course Overview

This course runs from our City Skills Centre, each Thursday, 9:45am - 12:15pm, for 9 weeks, starting in February and finishing in April.

 This course is designed as an introduction to some of the skills that are needed to make positive changes in your life, increase confidence and improve self-esteem.

What you will learn

During this course, you will learn the following:

 How to set achievable goals and ways to achieve them.
 Improve your communication skills.
 Develop your teamwork skills and how to use them.
 Develop some strategies to increase assertiveness.
 Explore some strategies and techniques to enhance learning opportunities.
 Use mindful, positive thinking to help you achieve your goals.

Entry Requirements

This course is designed as an Introduction to Personal Development and is suitable for those that have not completed an Introduction to Personal Development course before.

 You must be aged 19+ and be able to complete a short workbook and a small amount of writing tasks on a weekly basis.

Course Fees

The cost of the course is £90.00. However, you will not be required to pay a fee for this course if you receive one of the following benefits:

 - Universal Credit
 - JSA or ESA (Employment and Support Allowance Work Related Action Group)

 There will be no fees if you earn less than £25,750.

Course Progression

You can only complete this course once.

 On completion of this course, you may progress onto one of the other Adult Engagement and Progression courses.

 Your tutor will advise and discuss the various progression routes available to you. You can also access the College Careers Team to support your progression.

What Happens Next

Apply online via the College website. You will be contacted to attend an interview if required or sent a conditional offer according to the course's entry requirements. You will then be invited to enrol for your chosen course.

Course Details

Course Code	P00450
Start Date	04/02/2027
Study Hours	Part Time
Duration	9 weeks
Campus	City Skills Centre
Level	Other

Apply Here